

# THE CARBON NEWS

VOL. I, No. 40

CARBON, ALTA., THURSDAY, April 20th, 1921

FRANK PETERS, EDITOR

**QUALITY**      **SERVICE**  
**POTATOES**  
WE CAN  
SUPPLY YOU

THE  
**COBURN STORE**  
Limited

GENERAL MERCHANT

CARBON, Alta.

**NO MATTER WHAT**  
your financial problem may be,  
our local Manager will be found  
quite ready and willing to dis-  
cuss it with you, and to give you  
the benefit of his knowledge and  
experience.

This Bank is in your District  
to give YOU such banking ser-  
vice as may be required, and  
whether you desire to open an  
account, arrange for a loan, remit  
money or to obtain information  
or advice, our services are equal-  
ly at your disposal.



J. L. Thompson  
Manager

**THE BANK OF TORONTO**

Assets over \$100,000,000.

## Drug Bargains for April

Bring This Advertisement and Receive

\$1.50	Kill-em-Quick	\$1.00
1.00	Enos Fruit Salts	.65c
2.00	Winearnis	1.75
.40c	Castoria	.25c
.60c	Dandérine	.40c
1.50	Absorbent Cotton	1.00
1.25	Tanlac	1.00
1.25	Beef, Iron and Wine	1.00
.35c	Tooth Paste	.22c
1.75	Nyal	1.50
.25c	Baby's Own Tablets	.20c
.50c	Gin Pills	.40c
.50c	Chase's Nerve Food	.40c
.40c	Aromatic Cascara	.30c
1.00	Pound Chocolates	.75c
	Chocolate Bars; 6 for 25c	

You Must Bring This Advertisement

**REXALL DRUG STORE**

F. MORRISON, Phm.B., Dispensing Chemist

## Local News

(By our local Correspondent)

### The first Signs of Summer.

When you see all the proud moth-  
ers proudly and prominently  
displaying the 1921 class.

We noticed Tom Heath, one of  
the real old-timers of this district,  
in Carbon last week. Tom was at  
his regular old stand in front of  
the Hotel.

To say that Carbon only enjoyed  
the Farce Comedy "Facing the  
Music", as presented by the Car-  
bon Dramatic Society, last Thurs-  
day at the Farmers' Exchange Hall,  
would be putting it rather mildly,  
and when we say that it was **the**  
best performance that has ever  
come before a Carbon audience, we  
are not overstepping our limits.  
The hearty applause and spontane-  
ous bursts of laughter that rumb-  
bled through the hall, again and  
again, throughout the whole per-  
formance told most eloquently how  
thoroughly the play was enjoyed.  
Among the audience were noticed  
very many candid critics, but they  
were as generous in applauding the  
local talent as if the cast was one  
widely heralded from afar. The  
play was evidently directed by in-  
structors who possessed high regard  
for the intelligence of the public,  
for nothing was left undone in the  
way of having the parts thoroughly  
memorized or in having the acting  
as smoothed off as it is possible to  
do with amateurs.

The 'make-ups' of the company  
were decidedly good and the whole  
play, was one that Carbon should  
be proud of, showing as it does,  
the theatrical possibilities of local  
talent. The 'heaviest' character in  
the cast was that of 'John Smith'  
and in it, Jno McLean (our school  
teacher) was most acceptable. He  
looked the part, and his acting was  
very finished, and we must un-  
doubtedly hand the 'Bacon' to John  
when it comes to theatrical acting.  
We can do nought else but praise  
the rest of the company as each  
individual portrayed his (or her)  
part in good style, and on the whole  
the play was a most successful pro-  
duction.

In conclusion we must not for-  
get the producers, who, we realized  
must have worked very hard, to  
make the play the great success  
that it was; and we only hope that  
at some early date we will have the  
pleasure of witnessing another play  
by our local amateurs. On going  
to press, we understand that the  
same play will be placed before a  
Drumheller audience in the near  
future, and we hope that the com-  
pany will do as well in the big coal  
town as they did here in Carbon,  
and then we feel sure the Drum-  
heller people will have no kick  
coming.

Well, we have been watching  
the Post Office corner for a whole  
week, and it has not changed very  
much, but watch out for a big  
'splash' very soon.

The Greasy Spoon is in action  
again, with the old war scarred  
Union Jack flying very prominent-  
ly from the roof.

'Hats off' to Fred Morrison,  
who has invented a real new Slip-  
pery Grease for automobiles. It is  
so slippery that it is pretty hard to  
keep track of Fred, when he puts  
a little of the new 'invention' on  
his Chevrolet.

We've heard of many kinds of oils,  
Of 'Castor,' 'hard' and 'neck'.  
But the Drugs' new grease for  
motor cars,  
Is the 'slippiest' you can get.

Mrs Len Poxon entertained a  
few friends from the Rocky Ford  
district, one day last week.

Did you notice Percy MacLeod  
in his up-to-date performance, of

## THE **FARMERS' EXCHANGE** EVERYBODY'S STORE

**The Most of the Best  
for the Least**

**Watch for our  
May Special**

**The Prices will Surprise You**

**THE FARMERS' EXCHANGE**  
GENERAL MERCHANTS  
CARBON

**GROCERIES**

**BAKERY**

**Gents' Furnishing**

**Fresh Bread  
Baked Daily**

**WILSON BROS.**

**GROCERIES, BAKERY & CONFECTIONERY**

'Rag Time Cowboy Joe.' If Percy  
ever runs out of a job, we would  
advise him to try the movies, as  
he has Eddie Polo skinned a mile,  
when it comes to 'rough stuff'.

Mr Fred Gordon's new residence  
on Church street, is nearing com-  
pletion, and Fred and family hope  
to move to the new abode, at a  
very early date.

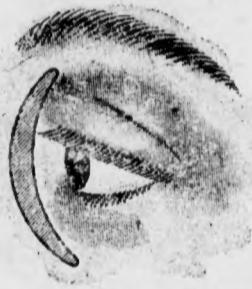


Mrs W. Talbot, and Mrs Perry Wheat and Baby, returned from Calgary on Saturday last. We wondered why Perry has sported such a smile for the last while, but now the mystery is solved.

On reading through the advertisements in the programme for "Facing the music," we noticed a couple of funny ads. Bill Braisher has supplied us with an original name. We refer to Neck Oil, but on looking into Bill's famous tank, we must confess that the oil would suit us much better if applied externally. Kind regards to Bob Shields, the new Purveyor of Corn Flake. We hardly fancy eating Imperial Lumber Yards 'saw dust' but of the two evils, we prefer it to Bill's famous "neck oil."

"By Jove", old chap, did you notice Chucks Clark's natty little Hockey moustache. Its a peach, just the kind that the ladies like. You know a regular 'tickler', something like the 'one pippers', used to sport in the good old Army days.

## LOOK TO THE FUTURE



**J. H. SUMPTER**

Graduate Optometrist and Optician  
Carbon Hotel, 1st Saturday in every month.

## A. SHELING

AUCTIONEER

If you contemplate holding a Sale, see me as  
My Prices are Right. I Guarantee all Settlements

### YEARS OF EXPERIENCE

Reference: Merchants Bank of Canada. Phone 11  
THREE HILLS Alberta

IN THE COUNTY COURT OF CARI-  
BOO, HOLDEN AT FORT GEORGE.

No. 79-20.

Between:  
JOHN NEWSOME,  
Plaintiff, Judgment Creditor.  
and

JESSIE LINCOLN McGREENERY  
Defendant, Judgment Debtor.

PURSUANT to the Order of His Honour Judge Calder made herein the 17th day of February, A.D. 1921, I shall offer the hereunder described lands and premises for sale at my office Fourth Avenue, City of Prince George, B.C., on Thursday the Second day of June, A.D. 1921, at the hour of 10.30 o'clock in the forenoon, to satisfy the judgment herein dated the 16th day of July, A.D. 1920, for the sum of \$667.35, District, Cariboo.

No of Lot, District lot #934, Group

Description of Property, 160 acres, assessed valuation \$1750.00.

Estate and Interest, Fee Simple.  
Dated a Prince George, B.C., this 16th day of March A.D. 1921.

E. S. PETERS  
Sheriff, County of Cariboo.

Anybody having SICK ANIMALS or  
being in danger will do well to let us  
know, as we never loose a chance to  
cure or heal them

**ARTHUR FLETCHER**

**JOS. J. GREENAN, B.A.**

Barrister, Solicitor  
and Notary Public  
(Also of Ontario Bar)  
Local Agent for

Dominion Life Assurance Co.

Farm Lands and Town Lots for sale

CARBON Alberta

Well everybody, prepare yourself for a great surprise. Commencing on May 1st, all stores in Carbon will be closed promptly at 6 pm, and during the summer months of June, July and August, all stores will close at 1 pm, on Wednesdays. Get the habit, shop early and give the storekeepers a little chance, to do their own odd jobs at home.

Everybody is busy on the land these days, and really we think it is a very poor time to hold an Auction Sale. On account of insufficient enthusiasm and bidders, it was found necessary to postpone Mr Roy Fetterleys Auction Sale, which was advertised last Saturday.

Mr Coupland of the Merchant Bank staff, did not get his laundry in time last Saturday, to accompany his fiance, to the Movies.

Mr L. G. McQuade was seen driving his Limousine on Sunday last. Good boy Mac, but mind that the town Constable does not run him in for exceeding the speed limit.

You will want good sight in 20 years from now, just as much as you do to-day. The better care you give your eyes now, the keener your vision will be in later years. If your eyes pain you or feel strained, pains around temples or forehead, heed the warning. Have them relieved before permanent injury results.

Mr McLeod, of the Merchants Bank staff, is the proud owner of a little dog. Just call on him anytime and he will demonstrate to you some of its snappy little tricks.

We notice Wm. Cardiff wearing crepe on his right hind ear. Never mind Willie, you should not have recovered so quickly from your sudden illness.

Messrs Davidson & Wilkie from Trochu were visiting Carbon on Monday.

Mr Fraser, teacher from Karn school, went to Calgary Monday. He is going under doctors treatment.

Mr J. C. Klick motored to Calgary on Tuesday, accompanied by Joe Seal and James Ramsay.

Well boys, don't forget the big Ball, in the New Community Building Hall, on Friday 22nd April, as the proceeds are going in Aid of the Carbon Athletic Club.

Mrs Jack Colvin has adopted a girl from the Midnapore Home.

We have been noticing some very exquisite sewing being done through one of the large windows on the Main street. Guess for yourselves.

Mr Corry McDonald is a visitor to Calgary, this week.

Contractors have arrived to build the new depot. They were saying that it would be a credit to the town when it is finished.

Our old neighbour, Maw Ben has sold out. He is retiring and is going home to visit his people. The new owner is contemplating removing the present building back, and using it for a kitchen on the new Restaurant. They are taking possession the 1st, of May.

Owing to the freight train going off the track, on Tuesday night between Acme-Carbon, the lumber for the new Garage has been delayed.

Fred Morrison being unable to obtain Lubricating oil for his car on Sunday last, used some Castor oil instead, and he reported he passed everything on the road, so boys if you wish to pass anything try some of Morrison coal drawn Castor oil.

Work has commenced on the new Post Office, and it is expected to be completed by May 24th.

The new Doctor, Mr Johnston, has obtained Offices in the Stringer Block.

## FARMERS' EXCHANGE HALL

Saturday, April 23rd.

## The SECRET GIFT

YOUNG MAN want job on Farm. Apply Box 128, Carbon. p-0

FOR SALE.—One Fairbank-Morse Portable Engine, 15 H.P. Price right. W. H. T. OLIVE, Carbon. p-8-0

ACME, Monday, May 16th.

CARBON, Tuesday, May 17th.

SWALWELL, Wed. May 18th.

THREE HILLS, Thurs. May 19.

## M. M. MECKLENBURG

OPTOMETRIST

(Sight Measure)

30 years Experience  
17 years in Alberta  
18 Bradburn-Thompson Bldg.  
Phones 4156 & 5225

EDMONTON, Canada

## CARBON HOTEL

Thirty Rooms —

Electrically Lighted throughout

J. W. BAIRD, Proprietor

## JOHN KANERVA

AUTO PAINTING

is our specialty. We paint your Car from \$15.00 up.

## THREE HILLS PAINT SHOP

YOUNG LADY requires situation as house help. Farm preferred. Reply stating wages, to Box 128, Carbon, Alta.

ESTRAY.—One gray Mare, no visible brand, wt about 1500 or 1600 at Fred Ziegler's farm, 6 miles South and 3 miles east of Carbon.

p-7-8

## JAMES PHILLIPS

Cockshutt Implements and Ford Cars

We have a Carload of Cockshutt Implements coming from Factory

ONE FORD CAR, As Good As New \$450.00

McLAUGHLIN CAR, A1 Shape, for \$850.00

Also Big Bunch of TIRES, Ford size, going at below cost. GRAIN PICKLERS, HARROWS, FANNING MILLS, DEMOCRATS, WAGON TREES and YOKE SETS.

4, 5 & 6 Horse Eiveners  
at Cost Price

## Just Received a shipment of SPRING HATS

Also a good quality of Georgette Crepe de Chine of all colors

UP-TO-DATE  
MILLINERY STORE  
C. C. TURCOTTE, Proprietor

Lumber is almost on pre-war prices and you can now  
Built that House or Barn which you have  
Delayed.

No Order Too Large and None Too Small

## IMPERIAL LUMBER YARDS LTD.

R. S. SHIELDS, Local Manager

## CARBON MEAT MARKET

F. OWEN

All kind of Fresh and Cured Meats and Fresh Fish  
Cured Meat in first-class style. A full line of Lard.  
Pork Sausage fresh daily.

Your Satisfaction means our Success

## THE MERCHANTS BANK OF CANADA

For the past fifty-five years this bank has given particular attention to the business of Farmers.

We have helped many over the rough places, and have aided many more to the highest plane of success.

We are prepared to extend you every legitimate aid in your farming operations.

Come in at any time and talk over your affairs with us. You are always welcome.

J. O. A. LETOURNEAU  
LOCAL MANAGER

# The Great Mystery of The Mind and Body

Mind and body are like husband and wife, they never can decide which is master. The mind gives itself airs of unlimited superiority, as if, were it not for being tied down to the body, it could soar up into the heavenly blue and live forever in the realm of pure intellect. The body delights to drag the mind back from its lofty flights to earth again, with a bump, especially about meal times, and prove what a large share of its pleasures come from the mere sight of the sun and the grass and the running water and the gratification of a few homely instincts like hunger and thirst and sleepiness at bed time.

We cannot even tell with certainty just how these mutually scornful halves of our makeup communicate with each other or at what point they come in contact within us. Formerly we were quite sure that it was solely through the nervous system, by dry electric contact. Now we are coming to suspect that they meet in the eddying currents of the blood stream, which swirls through our bodies as the warm Gulf Stream does through the ocean, a moist chemical contact. Our thoughts may have their chemical affinity as well as our gastric juice.

In this chemistry of thinking and ferment-action of the emotions the ductless or endocrine glands play a powerful part. Though this floating stock exchange of the body goes even further than this, as the, at first sight almost grotesque, idea is taking shape, that every part and tissue of the body, the muscles, the liver, the heart, the brain itself pours into the blood stream substances which act as messengers and stimulants to all the other organs. So that the old phrases "tout-heated," "white livered," and the like were not without rational basis.

According to this conception the mind may control the body in a superficial way, so far as muscular movements are concerned, through the brain and its wonderful system of telegraph nerve-wires connecting up every tiniest muscle of the body with the great central headquarters in the skull. But upon the deeper, more fundamental, reflective and emotional sides, the mind, through its organ the brain, is itself controlled and influenced by the secretions poured through it from the glands and all the other organs of the body.

One of our endocrine enthusiasts actually goes so far as to declare "Without internal secretions, no thoughts." On this view the mind is a pure democracy and the brain a merely constitutional monarch, strictly responsible to its subjects. Indeed, the mind may not be limited to the brain itself, but extend all over the body and we may do our thinking with our lives and our little fingers, as well as with the gray matter of our cerebral convolutions.

As a curious straw pointing in this direction thoughtful observers of wide experience have expressed the opinion that there is a slight but distinct change in the mental attitude and grasp of a man who has lost an arm or a leg. Part of this of course is due to cutting off of the messages which used to come to the brain from the skin and from the muscles of the lost limb, and some to the enforced changes, in occupation and social position and relations, but the change appears to go even further than these would account for.

It seems a sort of mental parallel of the curious physical tendency of "amputees," as the French neatly call them, to lay on flesh and gain weight. To put it roughly they seem to be still eating for four limbs while they have only three. Part of this is due to the less active habits of life enforced by their loss, but not all, because it will also occur in those who become experts with either crutch or artificial limb and move about almost a briskly and rapidly as ever. The lost limb still draws rations at its old office

shop, the brain or mind.

## Insanity and the Ductless Glands

When it comes to mental disease and defect there can be no question of the powerful influence exerted upon the brain by the disordered secretions of the body. For instance there are several forms of mental defect and mild insanity produced by the ductless glands. Absence or very marked deficiency from birth of the thyroid produces a form of idiocy known as cretinism, which can be very greatly improved by feeding with thyroid gland or thyroid extract.

Over activity of the thyroid in the well-known Graves disease, or "pop-eyed" goiter, produces an abnormal and unbalanced mental state, which is relieved by the surgical removal of part of the gland. Deficiency of the pituitary secretion produces an arrested childish condition of the body and sometimes dullness of mind, which can be greatly improved by feeding with pituitary extract.

If the part now believed to be played by disease or deficiency of the adrenal gland in pellagra should prove to be well founded here is another well marked and frequently fatal form of chronic insanity which is due to a ductless gland.

In this case we have the immense practical advantage of being able to cure a grave and widespread form of insanity by improving the food supply, particularly in the direction of better quality proteins, such as those of meat, milk and eggs, and a richer supply of vitamins. This fits in very interestingly with the results of careful examinations of the bodies of young animals which have been kept for a number of weeks upon diets which were very poor in vitamins, particularly those required for growth. The most striking changes found were in the ductless glands, which were diseased and in a degenerating condition. So that we have the cheering vista opening before us of the possibility of controlling the secretion of the ductless glands, which were diseased and in a degenerating condition. So that we have the cheering vista opening before us of the possibility of controlling the secretion of the ductless glands and through them various forms of insanity and mental disease by means of skilful and nutritious dieting.

From the opposite end of the line post mortem investigations of the condition of the endocrine glands of some 200 insane patients showed them markedly diseased and degenerated in from 30% to 40% of all cases.

So much for the case in favor of the control of the brain and mind by the body through the ductless glands, but the neurologists and specialists in mental diseases have already rallied for a counter attack. They point out that powerful and important as the ductless glands are, they, like all the rest of the body, are under the control and constant supervision of the nervous system, particularly of that part or half known as the sympathetic nervous system.

By stimulating or cutting, or injecting with powerful drugs various parts of the sympathetic nervous system they can produce not a few of the symptoms which are characteristic, or at least closely resemble, disease of the endocrine glands. For instance it was and is yet in hot dispute as to whether Graves disease, prominent or "pop-eyed" goiter is caused by the enlarged and over active thyroid gland or whether the enlargement and throbbing of the gland and the bulging and protrusion of the eye balls are due to disease of the sympathetic nerve in the neck. Removal of part of this sympathetic nerve will promptly relieve both the bulging of the eye balls and the throbbing of the neck, just as the removal of part of the thyroid gland will.

Though unfortunately for the nerve theory enthusiasts the troublesome symptoms come back again after the nerve operation,

while as a rule they do not after the gland operation.

Of recent years eminent neurologists have discovered and separated out a state of over-action of the great pneumogastric or vagus nerve which links up the brain and the sympathetic nervous system, and which produces conditions and disturbances resembling those of diseases of several of the ductless glands. This they term vagotonia.

This pneumogastric nerve is one of the most singular and interesting "live wires" in the body. Its length alone would distinguish it, as its "main line" runs clear from the brain to the bottom of the stomach, while its communicating branches reach the liver, the pancreas and the bowels. It runs directly and indirectly from the eye lid to the appendix.

This extraordinary range is embodied in its double name, pneumogastric or "lung-stomach" and vagus or "wandering," literally "vagabond," which every one will agree is most appropriate. Small wonder that in recent years it has been given an independent command and honored with the control of a large division of the old sympathetic nervous system, under the name of the autonomic or "self-governing" nervous system.

Starting from the base of the brain it passes down the side of the neck, deeply buried in the muscles, into the chest between the two lungs, behind the heart, through the diaphragm and finally ends upon the surface of the stomach, the two right and left nerves forming a long loop, like the fashionable necklace worn at present, reaching to the waist.

And it is busy every inch of the way. In the head it sends branches up to the eye, controlling the pupil and the tear gland and back to the pituitary gland and forward to the salivary glands. As it passes down the neck, it supplies the larynx or voice organ, the thyroid gland and the thymus gland, in the chest it supplies the muscles of the bronchial tubes or air passages of the lungs, and gives off branches to the heart, while its main line ends by ordering the churning movements of the stomach in digestion. Its "party lines" in the abdomen connect it up with the liver, the pancreas and the adrenal gland.

So that this gifted vagabond has evidently a double sway. It not only has its hand on the throttle of the great vital organs, lungs, heart, stomach, liver, and powerfully influences their movements and metabolism, but it is also in a position to increase or depress the activity of more than half of the ductless glands and may produce, either by direct action of its branches or through the glands, bulging of the eye-ball, and lifting of the upper lid as in prominent-eyed goiter of the thyroid, asthmatic attacks from spasms of the muscles of the lungs, as in deficiency of the adrenal gland, slowing of the heart as in myxedema or deficiency of the thyroid, constipation and other pelvic disturbances, as in disease of the pituitary gland.

The fact that so many of the ductless glands are linked together and influenced by the vagus nerve, while the remainder are equally closely connected through the rest of the autonomic and sympathetic nerves, may account for the remarkable frequency with which several of the glands become diseased at the same time, producing what is known by the rather alarming term of the "pluriglandular syndrome," or "many-gland" disease. So that it is necessary to give two or more different extracts together in order to relieve the condition.

On the other hand it may be possible that this abnormal activity of the nerve may have been started originally by an outbreak on the part of some one of the ductless glands for whose good behaviour, so to speak, it is responsible, as is frankly admitted by the neurologists. The nerves maintain the balance of the glands, but the glands may also have much to do with maintaining the balance of the nerves.

For instance adrenin, the secretion of the adrenal gland, is known to exercise a marked tonic effect upon the action of the sympathetic nervous system. And this is curiously appropriate, because the adrenal gland in parts of its structure so closely resembles nerve cells and nerve networks that it was for a long time in doubt whether it was really a glandular or a nervous organ.

Nerve and gland, like mind and body, are so delicately balanced, so exquisitely responsive to each other, that it is hard to say which began the war or which will ultimately win it. To paraphrase Cato, neither can live comfortably with the other nor at all without it.

Moreover, this little gland is powerfully directly affected by the emotions, particularly rage and fear, and promptly responds in such emergencies by pouring the blood into the muscles of the lungs, filling it with quick ammunition in the form of sugar, ready for a fight or a flight, and increasing the rapidity of its clotting in preparation for battle wounds.

Gradually we are glimpsing not merely one, but two paths by which the mind may influence the body; directly through the vagus and sympathetic nerves and indirectly through the nerve stimulation of the endocrine glands with their tremendous control of its whole chemistry and metabolism. Thus mental impressions and persistent emotional states and attitudes of mind can profoundly alter nutrition and health.

## Railroads and Fiction

Ships and their men that go down to the sea have had their chroniclers innumerable in our literature. But their great sister in transportation, "the rails," seems to have been largely neglected in our fiction. Kipling wrote one typical tale on the subject, "007," in which he characteristically almost made a human being out of a locomotive just starting out in life. Frank H. Spearman and Frank L. Packard have each done good work in the field, but we seem to remember of very few others having attempted to exploit it to any significant degree. Why?

To be sure it is comparatively difficult for an outsider to get at all in touch with the various phases of railroad life. For a hundred who have been able to view everything that goes on on shipboard, there is scarcely one who has been privileged to ride in the rocking "driver's cab" of a crack express, or watch a switch towerman juggle roaring thunderbolts on wheels into their allotted steel paths with a turn of his hand. Incidentally, too, viewed as a fiction subject railroading has not yet the age-long background of tradition and history to lend it the glamor that life at sea has. It was not until 1825 that the first at all practicable locomotive was put into operation. This was Stephenson's engine, on the twenty-five Stockton & Darlington Railroad in England, which attained the dizzy speed of from five to twelve miles an hour with a ninety-ton load. Outside of an imported engine used on a sixteen-mile coal-haul road in Pennsylvania, in 1828, the first practical use of a home-built locomotive in the United States, for general freight and passenger service, was in 1830, on the South Carolina Railroad. The famous American engine, "De Witt Clinton," went into operation the following year on the Mohawk & Hudson.

Nevertheless, it seems time that railroad life should have more representation in modern English fiction than it has. The mere fact that an engine driver, for instance, does not have to steer his "craft" or plot out a pathless course is far from denoting any lack of excitement in his calling. Tradition already tells of the driver of a fast train, who, though a model of sobriety on duty, was periodically granted a two or three-day "spree" to let his nerves recuperate from the intolerable strain of work. We do not cite this as a theme for any story calculated to help the weary traveler forget worry, but merely as suggesting that railroading by no means lacks "human-interest" material.

On the other hand it may be possible that this abnormal activity of the nerve may have been started originally by an outbreak on the part of some one of the ductless glands for whose good behaviour, so to speak, it is responsible, as is frankly admitted by the neurologists. The nerves maintain the balance of the glands, but the glands may also have much to do with maintaining the balance of the nerves.

For instance adrenin, the secretion of the adrenal gland, is known to exercise a marked tonic effect upon the action of the sympathetic nervous system. And this is curiously appropriate, because the adrenal gland in parts of its structure so closely resembles nerve cells and nerve networks that it was for a long time in doubt whether it was really a glandular or a nervous organ.

## PEACE!

Do you want to have peace? Perhaps the tears smart in your eyes as you read my words. Your day's work is over and you have taken up the "F.J." which your good man has laid on your knee with the words: "Now, mother, perhaps you will be happy." And you say: "Oh, it's all very well for you, Bob, you don't realize a woman's work is never done. I am tired to death after getting supper ready and the children to bed, too tired to read even," and as you speak, you open the paper and perhaps your tired eyes light on the words: "Do you want to have peace?" Then the tears come. No peace for you, you think, until you have the peace of the grave.

Now, mothers, that is a fatal frame of mind to get into. Not many years ago some very clever American doctors tried a certain test to try the endurance of happy people and unhappy people. They tested the mother of a boy who had just died but who was upheld by her faith in God, they tested a cheery, very hard-worked housewife who made the best of life; they tested a woman with plenty of money and little to do; and they tested a very busy wife and mother who made the worst of everything, whose whole life was just a song of woe. And the palm was given to the busy woman with the bright outlook. Mind you, she was not very strong, and she had to work very hard, but from a healthy point of view, she looked like outliving all the others.

The difference between a woman who works cheerily and a woman who makes a song of woe about the work which God has given her to do is the difference between a walker who goes out on a walking tour properly and lightly dressed, with just as little luggage strapped to her back as possible, and the woman who burdens herself with a knapsack and changes of clothes, and a paraphernalia of toilet things and a heavy coat in case it is cold, and when she comes to the hill she is dragged back at every step.

## Not So Much Shop-Lifting as of Yore

"Watch your purse, madam." It is one of the primary duties of the salesgirl thus to admonish the careless shopper. The woman who will put her purse on a counter or chair and go off to a mirror to get the effect of a hat or coat, is "pie" for the purse snatcher.

Things are "quiet" now, Winnipeg departmental store detectives said recently. There is comparatively little shoplifting, and since the celebrated "Goldtooth" disappeared, purse snatching seems to be a lost art.

### Gold Tooth Betrays Her

The person in question was an adept at the art of disguise, but there was one distinguishing feature that she was always spotted by—a big gold tooth in the front of her mouth.

For years Mrs. Smith, as she was sometimes called, was well known in police circles as a "smooth customer." She was convicted once of purse snatching several years ago, and has had many "close shaves" since. She had reached such a high pinnacle in the gentle art of relieving less brilliant sisters of their cash, petty and otherwise, that the distinction was hers of gaining the admiration if not the love of secret service men.

"Yes, old 'Goldtooth' has disappeared," a store detective said. "She hasn't been around here since last February."

"Miss her old mug," he added reminiscently. "Like to know where she is. I think she must have either died of flu or 'made' her pile and gone to California."

Nevertheless, it is a good idea to hang on to the old money bag.

"Goldtooth" may be wearing a porcelain plate and a henna coiffure.

## Mozart Drank While Composing

In music Mozart is recognized as one of the outstanding instances of pure musical genius. Of course he was wonderfully trained, and his finely mated and sympathetic parents knew, first of all, the art of making music a joy to the child. Therefore much of his early musical education became life from infancy, and he must have acquired his great proficiency without even thinking about it, much as we take on the habits of walking or reading.

Having assimilated the technic of the art at so early an age, it was possible for him to accomplish more before his death at the age of forty-five than many other masters have accomplished during a longer life.

"Don Giovanni," probably his greatest work, was an indication of the delightfully easy way in which such a masterpiece comes to a real genius. His opera, "The Marriage of Figaro," had been such a success at Prague that he was invited to write another; De Ponte, then official poet for Austria, and later a professor at Columbia University, New York, wrote the libretto. The music was written in 1787. It is estimated that it took not longer than four months to complete. How rapidly he wrote may be estimated by the story that on the evening before the opening performance (Oct. 29), Mozart, with his well-known conviviality, was entertaining a party of friends. The hilarities lasted until well after midnight. Suddenly Mozart remembered that the overture, now a classic, had not been finished. He hurried to a hotel with his wife and sat up all night writing.

His wife kept him awake with glasses of punch and by telling him stories while he was composing. In the morning at seven a copyist was sent for and the parts were extracted. The overture was played at sight without a rehearsal and was a huge success. This story is perfectly believable as other masterpieces have come into being in very short time under conditions not entirely dissimilar. Indeed, it is the opinion of many composers that they are utterly unconscious of the source of their melodies or how and why they come. To the composer supplied with an abundant technic, they may come at any time and notwithstanding disturbing influences. Nothing can prevent the composer recording them if he has access to pen and paper. Once the composer is seized with the idea, and the plan of the work, he is apparently unconscious of his surroundings. It is said that much fine literature has been produced in the busy rooms of newspaper offices where there is likely to be little of seclusion and quiet which the average person imagines ought to accompany the production of a worthy piece of artistic work. Many enduring musical compositions have been written under very uninspiring conditions, in surroundings of a wholly plebian and uninspiring kind. All this merely serves to illustrate the fact that inspiration comes through the art soul, and not to the art soul from without. The mystery of genius and inspiration is too near the infinite to make human investigation along psychological lines anything but ridiculous.

## How To Avoid Wearing Eyeglasses

How to avoid wearing eyeglasses was explained at the annual convention of the American Osteopathic Association in Chicago. The most spectacular feature of the convention was the first public demonstration of the newly discovered method of treating the eyeball osteopathically, for the purpose of correcting errors of refraction. Dr. Jas. D. Edwards of St. Louis, the discoverer of this technique, gave a demonstration.

He claims that it is possible to avoid the use of glasses in 90 per cent. of cases, if the treatment is begun early enough. The same treatment he has discovered will cure a large percentage of cases of glaucoma, which heretofore has been classified by medical oculists as an incurable disease.

A French invention described in the American press some months ago, involves the principle of applying physical pressure to the eyeballs for myopia or elongation of the eyeball. The machine just mentioned for the treatment of myopic ailments of the eye comprises two spherical cups, one of which fits over each eye so as to press against each

eye-ball. These cups are mounted on two rods which are under spring pressure and which pressure can be adjusted and increased as the treatment may require. The technique for applying this method of coaxing the eye-balls back into their normal condition consists of applying this machine to the head and putting pressure on the eye-balls periodically.

Incipient cataracts, retinal detachment, iritis, crosseyes, conjunctivitis and optic nerve atrophy have responded to this technique.

With the exception of the specific and malignant diseases, which should be carefully differentiated, Dr. Edwards claims almost every morbid condition of the orbital cavity can be considerably benefited, if not entirely cured. Finger surgery is what the doctor calls it, as the osteopathic operation is performed by inserting the carefully prepared finger in the orbital cavity and adjusting and manipulating the eyeball. Dr. Edwards says he has never had any bad results or post-operative discomfort. In fact, he says there is a sedative effect from this seemingly harsh yet scientific treatment.

## Bernard Shaw's First Sight of Women

"I was born in the year 1856," writes Bernard Shaw in *Time and Tide*. "Shortly after this I became conscious of women as immense mounds of flounced dress fabric with waists at the top of the mounds, and above the waists figures more or less like men, but with ample bosoms, no beards nor whiskers, and uncut banded hair divided in the middle combed in smooth braids from the forehead to the ears, and then ringleted. The younger ladies confined it in bags of chenille netting."

"I was dressed like a woman myself, as boys were not then distinguished from girls in dress in their early years. I wore a frock, under the frock a white petticoat, under the white petticoat a flannel petticoat, under the flannel petticoat a pair of loose white drawers and stays which were no more than a thick ribbed shirtwaist, under the drawers a chemise, and under the chemise my unshiftable skin. And all this a grown-up woman wore also, with the addition of the huge

crinoline which produced the mound like appearance and the difference that her frock came down to the ground and concealed the fact (then considered unmentionable) that she had legs and used them just like a man.

"I shall never forget the shock I received when, on walking into our parlor one day without the least preparation, I first saw a lady without a crinoline. She seemed to me a monster, incredible, impossible, revolting, indecent. I was old enough not to scream and run away, and even to pretend that the universe still proceeded normally. But I could not shake off the feeling that she had ceased to be human from the waist down and had become like the parlor table, which had a round top on one central leg. The case was aggravated by the fact that the lady, who was a spirited person and very good looking, had changed with a crash from a crinoline resembling the dome of a mosque to no crinoline at all, whereas most matrons abated their crinolines by degrees and

maintained by means of petticoats the familiar mound-like outline of their lower half.

"As refinement was supposed to be proper to women and roughness proper to men fifty years ago, the great increase in companionship between men and women during that period was bound either to refine the men or roughen the women. It has done both. The feminine refinement, which was only silliness disguised by affection, has gone; and women are harder and healthier, and the stock sizes of their clothes are larger in consequence. The masculine vigor that was only boorishness, slovenliness, and neglect of person and clothes has fled before feminine criticism.

"But the generalization that women are refined and men rough by nature is a superficial one, holding good only when, as often happens, the man's occupation is rougher than the woman's. As a matter of fact, there are coarse women and coarse men, refined women and refined men; and there is no reason to suppose that the proportions differ in the two sexes."

### PEOPLE WHO ARE ANNOYING

#### The Minimiser

She contrives to depreciate your treasured household gods, and everything that is yours.

"Rather nice," she says, of your grandfather clock. "I have one very like it, only mine has a beautifully engraved brass face."

"M'm, yes," is her comment upon that nice little bit of Spode you picked up at the sale. "Not real Spode, of course. Oh, my dear, it isn't. You've been taken in."

Of the view from your window—

"It would be really lovely if those houses wern't in the way and if the cliffs were more imposing."

Of your garden—

"Quite a success. But why do you have those horrid single asters? The double ones are ever so much nicer. And what is a herbaceous border without—" Oh, any blessed thing that you just don't happen to have!

Even the new frock you are so pleased with does not escape.

"Charming! Quite charming! If only the waist line were lower. Nobody in London wears the waist line where Nature put it, nowadays. My new dress—"

By the time she goes your happy pride in your lares and penates has had all its buds nipped off. It takes you weeks to recover from her belittling influence.

Wet blanket!

#### ODDS AND ENDS

Narrow strips of fur form an attractive trimming fancy this season. These are to be seen doing equally good service on cloth, velvet, gorgette and even tulle gowns.

Beautiful bead embroideries on tulle are very effectively allied with handsome brocade and chiffon velvet evening toilettes.

Trains are in considerable request, usually of a rather wispy, draggled order, and seldom starting from the centre of the back.

Long drop ear rings will be given the bo-by with the advent of the high collar. Stud ear rings and little danglements, in pearls and precious stones, are already to be seen peeping under side bunches of curls.

A great deal of jewellery is being worn with both smart afternoon and evening dresses.

Carved ivory neck chains are preferred by some to long rope of pearls.

Dyed lace is playing an important part in both milliners' and dressmakers' schemes. It is generally employed toned to the material with which it is allied.

The new gem rings are made of large squares, ovals, or oblongs of precious stones, either set plain or rimmed by tiny brilliants. Sapphires and emeralds look lovely within surroundings of these glistening gems.

## Wisdom for the Girl who is Engaged

If he makes friends easily take into account the fact that he is likely to go on making friends. You won't be able to turn him into a hermit, however you try. Not a happy hermit, anyway.

\* \* \*

Don't expect impossibilities from him in the way of expenditure. The cost of being engaged has gone up about a hundred and fifty per cent. remember.

\* \* \*

The best bit of wisdom I can give you out of my own experience is this: Don't take your future relatives too seriously. Just be pleasant and nice and interested, and let them do the rest.

\* \* \*

While you are engaged learn something—if you don't know already—about the purchasing power of money in these days. Otherwise you'll have shocks when you add up your accounts at the end of the first week after the new housekeeping.

\* \* \*

Think twice before you believe anything disparaging that you may be told about him, though you needn't be quite so impervious.

Don't take it for granted that it is his place to supply everything for the home. Take pattern by the birds when they are nest-building. He supplies most of the sticks (at least, I suppose so) but she lends a hand with the straws and the scraps of wool.

friends gathered around them enjoying themselves.

The importance of a musical training for children is not so manifest until the young people reach adult age. The time most necessary of all for parents to know with whom their children associate is during the years of childhood. Hence, if children bring their friends and companions to the home parlor for pastimes the chances for making harmful associations and being lured away from the family are very scarce.

Investigation into thousands of cases in our reformatories and correctional institutions, where are numbers of young folk who have gone wrong, has proven that the home life of the inmates was largely to blame for their downfall. Not knowing how to entertain themselves and friends in the home they drifted to the street and the dance hall and fell in with bad company. Home to these poor unfortunates was just a place to eat and sleep.

### COURTED BY AN INTERPRETER

#### A Short Conversation Won Maid-en's Hand

There are some rather odd matrimonial matches made in the Canadian West, and Rev. John Doyle, who superintends Methodist missions in Saskatchewan, tells of one that came to his notice among the Ruthenians near Insinger in that province.

There was a lone Canadian farmer in that part of the country almost entirely surrounded by foreigners. He saw a comely Ruthenian maiden and figured that she might make him a wife, but as she did not understand English and he knew nothing of her tongue, the process of courting her seemed something of a problem.

However, he hit on the expedient of wooing her by the aid of an interpreter—the girl's uncle.

The uncle listened to the Canadian story of his matrimonial plans and communicated them to the girl as they sat together in the little house on the prairie.

"She says 'yes,'" he soon replied, and without much delay the two were wedded, though each knew not a word of the other's language.

And with a twinkle in his eyes Rev. Mr. Doyle concluded his story as many another tale has been concluded—"They lived happily ever afterwards."

#### WATCH YOUR THOUGHTS

One of our great writers says: "What you think today you will be tomorrow." Few of us realize what a predominating influence our thoughts have on our lives. If we will allow our thoughts to

ous to criticism as the girl who, when told that it had been proved in court that her lover had put poison in his mother's tea, said: "Oh well, if he did, I expect there were faults on both sides!"

Don't expect him, and don't encourage him, to give too much of his time to you. It's probably hard enough already for him to stick to the daily grind; don't make it harder than it need be.

Beware of criticising members of his family to him. He may say something that paves the way, but criticising a man's belongings is a very dangerous thing to do. And there are nearly always wheels within wheels. Millions of engagements must have been wrecked, or nearly wrecked, on that rock of criticism.

Don't take it for granted that it is his place to supply everything for the home. Take pattern by the birds when they are nest-building. He supplies most of the sticks (at least, I suppose so) but she lends a hand with the straws and the scraps of wool.

friends gathered around them enjoying themselves.

The importance of a musical training for children is not so manifest until the young people reach adult age. The time most necessary of all for parents to know with whom their children associate is during the years of childhood. Hence, if children bring their friends and companions to the home parlor for pastimes the chances for making harmful associations and being lured away from the family are very scarce.

Investigation into thousands of cases in our reformatories and correctional institutions, where are numbers of young folk who have gone wrong, has proven that the home life of the inmates was largely to blame for their downfall. Not knowing how to entertain themselves and friends in the home they drifted to the street and the dance hall and fell in with bad company. Home to these poor unfortunates was just a place to eat and sleep.

The legend took hold of one boy, whose thoughts would continually dwell upon the eagerly looked-for prophet, and he would often gaze at those stone features. Time passed, and the boy grew old. He had spent his life in helping and teaching those around him. He had become the wise patriarch of the village.

And then the villagers realised that he was the prophet they had expected, for they saw that his features were just like those of the stone face on the hills. He had grown like the object on which his thoughts were set.

There is a profound truth here, dear friends, for we all grow in character—ay, and in bodily form often—like that on which our thoughts are set.

With what infinite care, then, should we guard every thought.

**In "Rolly"-Syllables?**  
Great Britain may be behind in aerial navigation, but in other respects she seems to be in the lead if we are to judge by the extract from a London paper reporting the experiments being made of crossing carrier pigeons with parrots in the hope of getting verbal messages through the enemy's lines in time of war.

# TALES OF OUR OWN COUNTRY

SOME CHRONICLES OF THE DAYS OF THE WAR  
PARTY AND THE BUFFALO.—STORIES  
TOLD AROUND THE FIRES OF THE  
HUNTING CAMPS OF BYGONE DAYS

## The Stranger Within Our Gates

Every year this country in which we live is drawing people from almost every country in the world. Many prosperous Americans, each year sell their goods and move to Canada, where they can get good land very cheaply. Though the country is growing, the population is still scattered and it can support many more.

Most of our readers understand very well what is meant by "homestead lands." The government has pursued a very generous policy in the granting of public lands. Any person who is the sole head of a family, or any male over eighteen years of age, may homestead a quarter section of one hundred and sixty acres of available Dominion land in Manitoba, Saskatchewan and Alberta. By the payment of ten dollars at the time application for homestead entry is made, and with six months' residence and cultivation of the land in each of the three succeeding years, a deed may be obtained from the Dominion government.

Canada's desire is to obtain farmers, agricultural laborers and those who would not compete with those engaged in the skilled trades. At one time a large number of immigrants came from the cities in Great Britain and were not fitted to engage in agricultural pursuits, which entailed much hardship and misery upon themselves and did not benefit the country as much as it should have done. Many philanthropic societies assisted in landing thousands of penniless immigrants on Canadian shores. In one case where an organization assisted 5,200 immigrants, seventy-eight were either penniless or on the border. As a result of several investigations a revision was made in the laws and they are enforced with greater rigidity. The aim is to debar all not suited to Canadian conditions.

It may interest some to know the restrictions which the law places on people desirous of coming to this new country. It says that those who are feeble-minded or insane cannot land. Nor does it allow the deaf, dumb or cripples to come in unless they belong to families which are able to take care of them. Then people who have certain diseases are shut out and an effort is made to keep away those whose moral character is not good. Anyone who commits crime within two years of coming to Canada may be sent back to the country from which they came, in other words, deported.

### Chinese

Chinese immigrants began to come to British Columbia about 1858, but it was not until the late seventies that any opposition was made to their entry. Several laws against them were passed by the government of British Columbia, but they were declared unconstitutional. Finally the matter was taken up by the Dominion government and, in 1885, an entrance tax of \$50.00 was imposed. In 1900 the tax was increased to \$100.00 and three years later to \$500.00.

### Japanese

The Japanese began to come to the country in 1896. While the Chinese do not compete very much with skilled white labor, there is some competition in the case of the Japanese. The Japanese are quick to learn English and show more readiness than the Chinese to become naturalized. Under a treaty which was made in 1905 between Canada and Japan, the subjects of either country were granted full rights of entry into the territories of the other. At the same time there was

an understanding that Japan would regulate the number of Japanese laborers coming into Canada. The Japanese government has kept its word and very few Japanese now come to Canada.

### Hindus

In 1904 a number of Hindus began to enter British Columbia, and in 1907 when 2,200 arrived, some ill feeling arose. The sudden increase was due to glowing accounts having been distributed in the rural districts of India telling of the wages paid in British Columbia, and to certain steamship agents who wished to make profit on tickets sold. The British government took the matter up and no contract laborers from India are now allowed into Canada. All immigrants must have made a continuous journey from the country of their origin and all Asiatic immigrants with the exception of the Japanese must possess on landing at least two hundred dollars.

### Doukhobors

In 1899 a number of ignorant Russian peasants came to Western Canada in order that they might be allowed to follow in freedom their religious beliefs. Three years later they attracted world-wide attention by a famous pilgrimage which they attempted to make. They came under the influence of fanatics who proclaimed that they should give up labor and all their goods and go forth like Christ to preach the gospel. They handed over their money to the nearest government agent, cattle and horses were allowed to go free, but were rounded up and taken in charge by the mounted police. They cut the metal hooks and eyes from their clothes, set everything in order in their homes, and started on a pilgrimage which soon alarmed the authorities. The government took stern measures and the motley crowd was brought back to their homes. At this time, Peter Veregin, their leader, who had completed a form of exile in Siberia, reached Canada. Under his leadership, order was soon restored and since that time the people have remained quietly on the land.

Everything among the Doukhobors is held in common. They live in villages of one to two hundred people and there are nearly fifty of these. Each cottage is surrounded by a garden. A large communal barn is for the farming implements while one or two large stables furnish shelter for the horses, cattle, sheep and pigs. All work in the fields and the working day is from five o'clock in the morning until eight in the evening. The time is divided into three shifts of five hours each. The leader is the active manager of the Doukhobors. He is the custodian of the funds, to which each man, woman and child contributes his or her earnings. He sells the products and buys at wholesale the goods needed. Two men and one woman delegates are sent from each village to the general meeting. This meeting is opened with the Lord's Prayer and closed with the singing of Psalms. This meeting looks after money matters and discusses any business which may come up.

### The American

The American in Canada cannot be called an immigrant, as he is rather a solid citizen. He considers that Western Canada offered a better opportunity than his own state and so he comes with all his goods.

### Orphans

An interesting part of Canadian immigration is the number of children immigrants. Friendless children are carefully trained in orphanages in England, and are brought over from the age of five to fourteen. Older children, especially boys, are also brought over, although in less numbers. The younger children are usually adopted into Canadian homes and the children over fourteen are generally sent to work for farmers. The orphanages have headquarters in this country called "Homes," where the children live until they become used to the country. The wages for which they work are fixed by the Homes and visitors regularly inquire after the welfare of all the children.

It is said that with the exception of Johannesburg, Winnipeg is said to hear more languages spoken on its streets than any other city in the world. It is a great distributing centre for immigrants and with excellent day

evening schools, is performing a valuable service in making Canadian citizens out of these strangers.

Canada has great areas of unoccupied, rich, fertile plains, and one of the chief aims of her immigration policy is to get suitable settlers for these lands, and to get farm and railroad laborers and domestic servants.

The Canadian law is very flexible. The power conferred on the Governor-General in Council is so great that it would be possible through special orders, to cut off not only any particular class of immigration, but to stop immigration altogether. No country in the world has exercised greater care in the selection of her immigrants and no country has met with greater success in the work.

*J. M. Hamilton*

### Holland May Trade with Russia

The Dutch government is ready to permit trade with Bolshevik Russia under certain conditions. Speaking in the second chamber, H. A. Van Karnebeek, the foreign minister, said: "The government will not impose obstacles to commercial relations with Russia, but cannot accept any responsibility for those relations."

### Two Year Sentence

Harry Brodsky, a broker of San Francisco, was sentenced recently to two years' imprisonment and a fine of \$10,000, and his co-defendant, Douglas Newton, to two years and the payment of a \$3,000 fine, following their conviction on a charge of conspiracy to violate the federal prohibition enforcement act.

### Ontario Woman Dies

Mrs. Anne Brown, the oldest resident of this district and probably the oldest in Ontario, died at noon a few days ago within a few weeks of being one hundred and five years of age. She was born in Yorkshire, England, January 10, 1816. Mrs. Brown had the distinction of being present at the coronation of Queen Victoria in 1837.

### Crude Oil Is Struck at Czar

Reports from the Imperial Oil Company well at Czar, northeast of Calgary, are to the effect that crude oil has been struck in small quantities at a depth of 2,800 feet and that the drillers are being kept at work through the holidays in anticipation of a substantial flow within the next two hundred feet.

### Canadian Ship Confiscated

The Canadian fishing schooner Canada, from which it was alleged a Christmas cargo of 200 cases of Canadian whiskey was landed near here, December 20, was ordered confiscated and sold under the provisions of the Prohibition Enforcement Act, by the United States district court recently. Three members of the crew were fined \$1,000 each.

### Throws Away Turkeys

Five tame turkeys were thrown from the top of a three story building by W. G. Hay, as an advertisement scheme. The first turkey got tangled up in a street car, while the second bird was hung up on a guy wire, several men participating in its rescue. The remaining three were quickly grabbed by the crowd when they touched earth. An inspector was present at the turkey scramble and there immediately followed a charge of cruelty to animals.

### Robbed of Christmas Whiskey

Ira Baker, who lives in Brantford township, six miles out of the town of Brantford, was held up recently near his home by three masked men, who covered him with their guns and removed from his cellar a shipment of whiskey which he had recently received by express from Montreal. Before making the raid the robbers cut the telephone wires. They drove away with their loot in a big touring car.

### Killed in Answering Call for Help

John Knight Palmer of Vancouver had just completed dressing a Christmas tree for the pleasure of his motherless children, when he heard a woman's cry for help. He responded and interceded in a brawl in a suite adjoining his. He was brutally kicked to death by the combatants who are both held on a charge of murder.

### Establish Size of Cattle Pass

An order of the Board of Railway Commissioners issued recently provides that all cattle passes constructed under railway tracks in the future must be at least five feet wide and six feet high. These dimensions are established as a standard for cattle pass construction unless otherwise ordered by the board, when special conditions call for a departure from the standard. The size of cattle passes has long been a bone of contention by the railways and the farmers, hence the necessity for the fixing of standard dimensions.

### Commits Suicide

Despondent over financial losses, R. D. Delmage of Sarnia, Ont., a prominent Lambton cattle buyer, hanged himself in his barn at Calmachie, some days ago. He was fifty-five years of age and married.

### Airplanes Arrive in Chicago

Word was received recently from Captain Gorman and Captain "Wop" May, flying from New York with two huge airplanes for use by the Imperial Oil Company in the northern oilfields that they had reached Chicago from Cleveland on Friday morning. They expected to leave Chicago Christmas day, if the weather permitted, on the next stretch of their journey.

## Pithy Paragraphs For Busy People.

THE WEEK'S NEWS IN TERSE TERMS

### Aid in Relief Work

At a special meeting of the Montreal branch executive of the Canadian Manufacturers' Association the question of dealing with the insistent problem of unemployment was discussed. It was decided to write the mayor, asking him to take steps for the formation of an organization similar to the one in force in Toronto to deal with the situation and promising the active support of the Canadian Manufacturers' Association in such work.

### Free Medical Service

A request that free medical service be extended to returned soldiers during the unemployment crisis has been received at Ottawa from the secretary of the B.C. command of the G.W.V.A. The request came in the form of a wire to G. C. McNeil, dominion secretary of the G.W.V.A., who is taking the matter up with the Department of Soldiers' Civil Re-establishment, which department would be the one to deal with it.

### Fined for Failing to File Returns

Fines of \$100.00 and costs were imposed on C. K. Ens and J. B. Peters, farmers of the Rosethorn district, for having failed to make returns of their 1917 incomes to the Federal Tax Department. A number of other cases are pending.

### Raids by Police

The military and police carried out raids yesterday both in Dublin and Cork. Many arrests were made. These included one Sinn Fein member of parliament and the father of another Sinn Fein commoner, Richard Mulcahy, in Dublin.

### Cases of Lye Stolen

Eight cases of lye were the only things missing from a car which was recently broken open on the M.C.R. tracks, Welland, Ont., recently, numerous other articles, including a quantity of liquor being untouched. Trainmen say the lye and whiskey cases are alike in appearance.

### Train Derailed

A split rail caused the Grand Trunk Railway train from North Bay, Ont., due in this city at eight o'clock in the evening, to leave the track a short distance north of Gravenhurst. The passengers escaped with a shaking up. The line was blocked for three hours.

### Men Entombed by Cave-in

It is reported that at least four men and perhaps six, are entombed in a cave-in, in the ninth level of the Pacific Coal Company's mine at Black Diamond, Washington, near Seattle.

### Licenses to be Increased

It has been suggested by Robert M. Sweitzer, county clerk of Chicago, that marriage licenses be raised to the same scale as dog licenses. A marriage permit at the present time costs \$1.50 and a dog license \$3.00.

### Large Grasshoppers

Grasshoppers in South America are the largest known. In that country they attain to a length of five inches and their wings spread out ten inches.

### Given Thirty Days

Dave Verrier and his wife, who were arrested recently on a charge of attempting to obtain money from Mrs. Ambrose Small of Toronto, by fraudulently professing to be able to restore her husband, who has been missing for more than a year, if she paid them \$1,000, were sentenced to jail in Toronto for thirty days. They pleaded guilty. They claim Milwaukee as their home.

### Five Eggs a Minute

Samuel Thorfinn, the local fruit dealer, whose produce claim to the title of champion egg swallower of Eastern Ontario goes unchallenged, now offers to eclipse his recent record of thirty-five raw eggs in six minutes by putting his gastronomical strength to the even more expensive test of 50 raw eggs in ten minutes. This feat, he states, he will attempt to perform for a side bet of \$100.

### Wealth for Canada

It is reported that Americans coming into Canada are bringing with them considerable wealth. The amount of cash and the value of settlers' effects, together in the eleven months ending November aggregated \$17,519,033. December will add another million. From all sources immigration by the end of the year is expected to total 50,000. The wealth of the ordinary immigrant from overseas is not as great as that of those from the States. The average is about \$372 per head.

### Originator of Idea of Burying Unknown

Rev. David Railton the vicar of Margate, was the originator of the idea of the burial of an unknown soldier in Westminster Abbey, which took place on November 11. Mr. Railton, who was a military chaplain in France, communicated his idea to the Dean of Westminster and its adoption followed.

### Passport Delivered to MacSwiney

It has become known in England that a passport had been delivered in Ireland to Peter J. MacSwiney, brother of the late Lord Mayor Terence MacSwiney of Cork, and that he obtained it without explaining to the authorities how he got to England without one. Although the state department of Washington demanded this information it is reported that the department, through an error, issued the document without it. Immediately after the United States consul at Queenstown, delivered the passport the secret service men lost sight of MacSwiney and it is believed he may be en route to the United States.

### Keeping Men's Services

In view of the unemployment situation the militia department has decided not to discharge the last remaining members of the Canadian Expeditionary Force which are still on duty at headquarters and in the military districts. A small number of these men are engaged in clerical work at Ottawa and throughout the Dominion, and were to have been released at the end of the calendar year. The militia council, however, has decided that their service shall be retained, at any rate, for the winter.

## PEOPLE, BOOKS AND THINGS

A WEEKLY CAUSERIE OF MATTERS—TREATED  
IN LIGHTER VEIN

There are indications that the people of Canada are making an attempt to stabilize their politics. The war and conditions arising out of the war have destroyed the political convictions which the people of the country had long become accustomed to. For a long period men were Grits or Tories, according to their environment and association, less than from their convictions. Today, however, there appears to be an honest desire to forget party politics for the sake of the national welfare.

\* \* \*

Practice has shown that the British Parliamentary system works out most successfully when there are two parties and such an alignment seems to be natural. An opportunity is being given to the electors to choose their leaders. The Hon. Arthur Meighen, Prime Minister of Canada, accompanied by some of his ablest lieutenants is coming west and from the public platform is arranging to give an exposition of the policies for which he and his supporters stand. The Hon. W. L. MacKenzie King is also conducting an extensive platform campaign. Many people in the west are maintaining an open mind until they have heard the two leaders when they will doubtless make up their minds whose guidance to accept. Expositions of this nature are good for the country. It makes people consider the national problems which affect the Dominion and intelligently take their share in responsible Government.

\* \* \*

During the course of a journey the other day I bought a copy of George Borrow's "La Vengro," placed it in my pocket and was reading it as occasion offered. Borrow is a remarkable writer. The book in question is partly autobiography and partly romance, and partly philosophy. Borrow is a young man who lived an outdoor life in England. He associated himself with the gypsies, that ancient and nomadic people who claim descent from the Egyptians. With a horse and a small caravan he wandered through rural England tinkering pots and pans for a livelihood and jotting down his daily impressions. Borrow was a characteristic Englishman of his period, constantly singing the praises of his native country, its roast beef and strong ale. He was strongly, if bigotedly attached to the Church of England and the Roman Catholics were anathema to him. He professed to see a danger to the freedom of England in the machinations of Rome. Apart from his prejudice in this respect, however, his books are of absorbing interest and give a remarkable picture of English rural life some sixty years ago.

\* \* \*

At present they are in passive conflict with the provincial governments of the three western provinces in which their settlements are located, in respect to school matters. They have peculiar beliefs in this respect. They will not send their children to the public schools and all instruction is carried on in German, with the Bible as the principal book of instruction. The consequence is that many young people, particularly females, have been born and grown up in Western Canada without any understanding of English. The Government of Saskatchewan particularly is making a vigorous attempt to see they receive the education prescribed by statute and a number of the communities are refusing compliance. As a consequence convictions are being obtained and heavy fines being imposed. The Mennonites, or at least many of them are making preparations for an exodus to some country where they can practice their beliefs without let or hindrance. This does not, however, apply to all of them. Several of the communities are thoroughly alive to the advantages of British citizenship and are moderating their views and practices. Nevertheless there is little doubt that when spring comes, a great many of these people will remove themselves from Canada.

\* \* \*

During the course of my journey I stopped for the mid-day meal at the house of one of the leaders of the Mennonite colony. There were several of the head men of this somewhat peculiar sect present, and I was hospitably

Send a Dominion Express Money Order. They are payable everywhere.

## Money to Loan

We have unexcelled facilities for placing large or small loans on farm lands.

### Church Loans a Specialty

#### Agreements for Sale

We purchase Agreements for Sale on good improved farms

NAY & JAMES

REGINA, Sask.

Lends Fragrance  
to the simplest meal

"SALADA"  
TEA

is pure, wholesome and delicious.

Send us a post card for a free sample, stating the price you now pay and if you use Black, Green or Mixed Tea. Address Salada, Toronto.

## CHILDREN'S CORNER

The Children of Today Are the Parents and Citizens of Tomorrow. In Years to Come the Destinies of Canada Will Be in Their Hands.

My Dear Boys and Girls:

You will see that I am printing another very interesting letter on our page this week. It was very neatly written and it does interest me greatly to see that our boys and girls can write such bright, newsy letters and give such splendid accounts of themselves.

My little nephew in the city has been given a dear little dog, and he is very fond of him already. I am sure you would be interested to watch them play. The dog seems to know that the little boy is only a baby and is usually very gentle with him, although he is even more gentle with his tinier sister.

In Regina we have been having the most delightful weather and some people have been saying it may last quite a long time yet and everyone is hoping that it will. But even at the longest it seems to me that before many weeks we will be lighting up the furnace, putting on the storm windows and making ourselves as snug as possible for the cold months which are before us. I suppose that around your own homes your parents are also making preparations for the winter. I must tell you that my little nephew in town here thinks it must be delightful to live out on the farm and he is always asking questions about the little boys and girls on the prairies and wants to know if they have horses and cows and chickens, and I imagine he thinks life is just one beautiful long excitement for you with so many animals around you. I try to explain to him as best I can, but of course he is not very old yet. Some day he will go out on the farm and will understand more about it.

Now as you know I am anxious to get letters from you all as often as possible. Next week I will tell you the name of the prize winner of the September letter-writing competition, and I hope that many of you will write for the October competition.

Address your letter "Aunt Betty," 903 McCallum Hill Building, Regina, Saskatchewan.

Yours affectionately,  
AUNT BETTY.

They are good farmers, vigorous, thrifty and enterprising and there is a physical standard among them that would be hard to excel. For the sake of religious and social associations they live in villages conveniently placed to their farms. A few of their farms have buildings on them. The women wear the clothes of their native land in Europe of a hundred years ago and the men are invariably distinguishable by their square, Dutch cast of countenance and their peaked caps which they one and all wear. Many of the houses contain heirlooms such as clocks and chests that were brought from Russia and Holland over half a century ago.

*J. M. Hamilton*

Well Aunt Betty I am sure you will be tired of reading this letter so I will close.

Yours affectionately,  
BRIGHT EYES.

### RIP VAN WINKLE

Whoever makes a voyage up the Hudson River will see the famous Catskill Mountains. Every change of weather, every change of season, indeed every hour of the day produces some change in the hues and shapes of these mountains and they are considered by all, far and near as perfect barometers.

When the weather is fair and settled they are clothed in blue and purple and print their bold outlines on the clear evening sky; but sometimes, when the rest of the landscape is cloudless, they gather a hood of grey vapors about their summits which in the rays of the setting sun, glow and light up like a crown of glory.

In a tiny village at the foot of these fairy mountains there lived a long time ago, a simple, good natured fellow of the name of Rip Van Winkle. He was a kind neighbor and an obedient husband, and a general favorite. The children shouted for joy whenever he approached. He assisted at their sports, made their playthings, taught them to fly kites and to shoot marbles and told them long stories of ghosts, witches and Indians. Whenever he went about the village he was surrounded by a troop of boys and girls hanging on his skirts, clambering on his back, and playing a thousand tricks on him with impunity, and not a dog would bark at him throughout the neighborhood.

The great flaw in Rip's character was that he had a very great dislike to all profitable work. It could not have been from want of application or perseverance, because he would sit on a wet rock with a rod so long and heavy as a Tartar's lance, and fish all day without a murmur, even though not encouraged by a single nibble. He would carry his gun on his shoulder for hours together, trudging through woods and swamps, and up hill and down dale to shoot a few squirrels or wild pigeons.

He never refused to assist a neighbor, even in the roughest toil and was a foremost man at all the country frolics for husking Indian corn or building stone fences; the women of the village too, used to employ him to run their errands, and do little odd jobs which their less obliging husbands would not do for them. In a word, Rip was ready to attend to every one's business but his own; but as to doing family duty and keeping his farm in order he found it impossible.

(Next week we will tell you more about this strange man.)

### The Magic Writing

The following is one way to have some fun with your friends by making what appears to be magic writing to appear upon the face of an ordinary looking glass when it is breathed upon. Unknown to our friends we write upon the glass with a piece of chalk, (French) and then wipe out the writing with a soft cloth, such as a handkerchief. The writing cannot be seen, but if you breathe upon the glass it will instantly become visible and to those not in the secret will seem very mysterious indeed.

### Coffee Cream Candy

Take two cupfuls of sugar, two-thirds cupful of milk, butter size of an egg, one-half cupful of strong coffee, one half cup of walnuts chopped fine. Boil about ten minutes, heat until quite thick, and pour into buttered pan. Mark into squares.

The smallest theatre in the world is in Ypsilanti, Michigan. The building is eighteen by thirty-six feet; the auditorium, constructed with a balcony, twelve by eighteen, and it seats fifty persons. From curtain to sky dome the stage has a depth of twenty-three feet. The theatre has regular "properties," including three "interiors." It is called the Players' Playhouse, and in it are produced dramas by famous playwrights, acted by local talent.

I am trying to choose on what I shall make my sister, nephews and nieces for Christmas, and am having quite a problem. The thing I would like best is a wrist watch.

I have many pets here on the farm and I am sure that if I lived in a city I should miss them very much.

I do quite a lot of fancy work of all kinds, and am very fond of it.

I trust that in our new club we will have contests and be able to take up many more things of interest between each other.

The hot weather is almost over now and soon the cold, dreary winter will be here again—to which no one looks forward to with pleasure.

**FORD: the Universal Car**

The toughest, roughest Roads here or anywhere can't stop a Ford. It has the power.

We sell FORD CARS and Genuine FORD PARTS

**JAMES PHILLIPS  
DEALER**

REAL ESTATE      LOANS      INSURANCE

**H. A. EVANS**

Office: Municipal Hall.

## ALEXANDRA TEA ROOMS

Ice Cream & Confectionery

Our new Stock of Candies  
Just Arrived

## THE STOP MINE

The International Construction & Mining Co.

Capacity 50 ton a day. Price \$3.50 a ton at the mine.  
\$3.00 for Running Mine. \$1.00 for Screened  
For this Month and next month only.

No delay in waiting as we can load 3 teams at the time.

**JAMES AIELLO, Manager.**

### NOTICE

If you are figuring on Installing a Furnace or  
Troughing your House, I can save you money.

I also do Repair Work

Bring Your Pails and Pans that have Holes in  
them and have them Repaired

**C. E. HANNAY, Tinsmith**

## W. A. BRAISHER

SADDLER and HARNESS MAKER

SWEAT PADS FOR SPRING.

Any size you want. Prices low.

GUARANTEED HALTERS.

I give a years guarantee and if your horse can break one of these  
halters within 12 months, I will give you a new one free.

Harness.

Am selling my best Harness at \$14.00 per set less than Calgary  
prices. Call in and let me show you.

Now is the Best Time to have your Kalsomining  
and Papering done. It will cost you much  
less than if you wait until Spring.

Out of town work receives prompt attention

## Albert Heys

Painter and Decorator

P.O. Box 109

**RUDNICK & Co.  
BUILDERS & CONTRACTORS  
Carbon Hotel**

Get our prices before you build. We have long experience in the  
building trade. It will be to your advantage to see us.

Estimates Free.

### PRESBYTERIAN CHURCH

Subject for Sunday April 24th.  
"Courage Sublime."

We are glad to notice that work has started on the new Post Office. Owing to the cement foundation which was put in last fall, falling to pieces, it has been found necessary to do all the cement work over again, but that work has been pushed ahead by the new Contractors, Messrs Dixon, Nash, and Burnett.

Mr Sandy Reid was a visitor at the farm of J de Blaequiere last Sunday, we feel sure that there must be some attraction there other than Jack.

Have you noticed Scotty's Prime Canterbury Mutton, lazily nibbling the grass, at its new home?

Scotty has a little lamb,  
But like an older Rhyme,  
It may turn out to be a R-  
B before a great long time.

Mrs Watson was a visitor to Calgary during the week end.

Little grains of powder,  
Little dabs of paint.  
= Makes a girl of forty,  
Or Look like what she ain't.

### CALGARY LIVE STOCK

**STEERS** Close this week

Choice . . . . .	\$ 7.50
Good Butcher . . . . .	6.50
Medium butcher . . . . .	5.50
Common butcher . . . . .	4.00
Feeding . . . . .	6.00
Stockers . . . . .	4.75

**HEIFERS**

Choice . . . . .	5.50
Good butcher . . . . .	4.00
Stockers . . . . .	4.5

**COWS**

Choice . . . . .	5.75
Good butcher . . . . .	4.75
medium butcher . . . . .	3.75
Common butcher . . . . .	3.25
Stockers . . . . .	3.00
Ganners . . . . .	2.00
Springers . . . . .	70.00

**OXEN**

Choice . . . . .	4.50
Common . . . . .	3.50
Canners . . . . .	3.00

**BULLS**

Choice heavy butcher . . . . .	4.00
medium butcher . . . . .	3.50
Canners . . . . .	3.00

**VEAL**

Choice light . . . . .	6.00
Heavy calves . . . . .	4.00

**SHEEP**

Wethers . . . . .	7.50
Ewes . . . . .	5.50
Lambs . . . . .	9.00

**HOGS**

Off cars . . . . .	14.50
--------------------	-------

### MISS RUTH ELLIOTT

A.R.L.I.

Private Maternity Home

ROCKYFORD

Write for Particulars

### CARBON BILLIARD HALL

H. M. THORBURN, Prop.  
has opened his new quarters next to  
Post Office

CIGARS, CIGARETTES, TOBACCOES,  
AND PIPES  
always on hand

CANDIES and SOFT DRINKS

**DRAYING  
and  
COAL HAULING**

at reasonable prices

**HARRY DOLING**

CARBON

Orders taken at the  
ALEXANDRA TEA ROOMS

## THE CARBON NEWS PRINTING

We are now equipped to do  
all kind of first-class Printing  
at REASONABLE PRICES

## W. L. TOLTON AUCTIONEER

For Sales and all other informations address to

**HARRY EVANS - Clerk**

## ALEX REID & SON

Village Lots for Sale from \$50.00 up.

Also several Good Farms from 160 acres up to 640 acres  
in size. The Finest Wheat Lands in Alberta.

## SALE of SPRINGS MATTRESSES CROCKERY

As we are going to move in our  
new premises very soon, and as  
we discontinue the Furniture Bu-  
siness, we are going to sell eve-  
rything by Public Auction Sale.

**Watch for  
Sale Bills**